

# Sun Safety #3

Promote sun safety for all grades.



**Definition:** Inform students and staff about the importance of sun safety. A few things you can promote at your school include: 1) Wear chapstick with SPF 15 or higher. 2) Wear sunscreen and sunglasses when you go outside. 3) Avoid sunlamps and tanning beds. 4) Wear clothing that will protect you from the sun and wear a hat to provide shade. 5) Seek Shade. Additionally, to support sun safety create a safe environment for students when they are outside which includes access to shade and permission to wear hats and sunglasses on the playground.

## Resources:

Brochures, posters, tattoos, coloring pages, and links to free curriculums

<http://health.utah.gov/ucan/cancer/skin2.htm>

Resources for Teachers

<http://health.utah.gov/ucan/cancer/schools.htm>

Centers for Disease Control and Prevention Sun Safety at Schools:

[http://www.cdc.gov/cancer/skin/pdf/sunsafety\\_v0908.pdf](http://www.cdc.gov/cancer/skin/pdf/sunsafety_v0908.pdf)

Shade Planning for America's Schools:

[http://health.utah.gov/ucan/cancer/schpieces/Shade\\_Planning.pdf](http://health.utah.gov/ucan/cancer/schpieces/Shade_Planning.pdf)

CDC's Fact Sheet "Skin Cancer: Preventing America's Most Common Cancer"

<http://www.cdc.gov/cancer/nscpep/skin.htm>

UDOH Cancer Program

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# Assignments

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## **School Coordinator Assignments**

- Decide on a sun safety program that best suits the needs of your school
- Get creative and involve kids in designing the sun safety campaign
- Encourage students to wear hats, sunscreen, and sunglasses when they go to recess
- Optional: Classrooms could have big bottles of sunscreen at the door for kids to use as they go out to recess
- Optional: Pass out funky sunglasses to the kids as they go out to recess